

**I claim:**

1. A method of exercising forearms and wrists of a user, comprising the steps of:

retaining pivotally a driver wheel relative to a stationary object;

engaging a driven wheel with a perimeter of said driver wheel;

providing means for increasing force of said driven wheel against said driver wheel; and

extending a handle rod from a center of said driver wheel, said handle rod being rotated by hands of the user.

2. The method of exercising forearms and wrists of a user of claim 1, further comprising the step of:

providing a base frame having a wheel yoke attached to a mounting plate, attaching said mounting plate to the stationary object, pivotally retaining said handle rod in said wheel yoke.

3. The method of exercising forearms and wrists of a user of claim 2, further comprising the step of:

attaching pivotally one end of a driven yoke to said wheel yoke, pivotally retaining said driven wheel in the other end of said driven yoke adjacent said driver wheel.

4. The method of exercising forearms and wrists of a user of claim 2, further comprising the step of:

providing an adjustable tensioner with a threaded shaft extending from an end of a turn knob, forming a female thread through a top of said wheel yoke, rotating said turn knob to increase the pressure between said driven wheel and said driver wheel.

5. The method of exercising forearms and wrists of a user of claim 1, further comprising the step of:

attaching a hand grip to each end of said rod handle.

6. The method of exercising forearms and wrists of a user of claim 1, further comprising the step of:

inserting a bearing into opposing sides of said wheel yoke, an inner diameter of said bearing being sized to rotatably receive said handle rod.

7. A method of exercising forearms and wrists of a user, comprising the steps of:

retaining pivotally a driver wheel relative to a stationary object;

providing a tension belt that surrounds substantially a perimeter of the driver wheel;

providing means for increasing force of said tension belt relative to said driver wheel; and

extending a handle rod from a center of said driver wheel, said handle rod being rotated by hands of the user.

8. The method of exercising forearms and wrists of a user of claim 7, further comprising the step of:

providing a base frame having a wheel yoke attached to a mounting plate, attaching said mounting plate to the stationary object, pivotally retaining said handle rod in said wheel yoke.

9. The method of exercising forearms and wrists of a user of claim 7, further comprising the step of:

retaining a first clip on a first end of said tensioner belt and a second clip on a second end of said tensioner belt.

10. The method of exercising forearms and wrists of a user of claim 9, further comprising the step of:

providing an adjustable tensioner with a threaded shaft extending from an end of a turn knob, forming a female thread through a top of said wheel yoke, coupling said first clip to an end of said threaded shaft, rotating said turn knob to increase the tension of said tension belt around said driver wheel.

11. The method of exercising forearms and wrists of a user of claim 10, further comprising the step of:

providing a swivel clip retainer having a threaded portion rotatably engaged with a clip portion, said threaded portion being

attached to an end of said threaded shaft, said clip portion retaining said first clip.

12. The method of exercising forearms and wrists of a user of claim 9, further comprising the step of:

attaching one end of an extension spring to a top of said wheel yoke and the other end to said second clip.

13. The method of exercising forearms and wrists of a user of claim 7, further comprising the step of:

attaching a hand grip to each end of said rod handle.

14. The method of exercising forearms and wrists of a user of claim 7, further comprising the step of:

inserting a bearing into opposing sides of said wheel yoke, an inner diameter of said bearing being sized to rotatably receive said handle rod.

15. The method of exercising forearms and wrists of a user of claim 7, further comprising the step of:

attaching a belt rod adjacent at least one end of said tension belt.

16. A method of exercising forearms and wrists of a user, comprising the steps of: /

retaining a hydraulic pump relative to a stationary object, said hydraulic pump having an inlet, an outlet and a drive shaft;

connecting an input of said hydraulic pump to one inlet of a hydraulic valve and connecting an output of said hydraulic pump to the other inlet of said hydraulic valve;

extending a handle from each end of said drive shaft, said two handles being rotated by hands of the user, adjusting the hydraulic valve to increase the difficulty of rotating said two handles.

17. The method of exercising forearms and wrists of a user of claim 16, further comprising the step of:

providing a base frame having a pump yoke attached to a mounting plate, attaching said mounting plate to the stationary object, pivotally retaining said two handles in said pump yoke.

18. The method of exercising forearms and wrists of a user of claim 17, further comprising the step of:

attaching said hydraulic pump to a spacer plate, attaching said spacer plate to a side of said pump yoke

19. The method of exercising forearms and wrists of a user of claim 16, further comprising the step of:

attaching a hand grip to each one of said two handles.

20. The method of exercising forearms and wrists of a user of claim 16, further comprising the step of:

inserting a bearing into opposing sides of said pump yoke, an inner diameter of said bearing being sized to rotatably receive a single said handle.